

The best way to wash fruits is to remove chemicals

Eating lots of fruits is good for health. Outside the fruit peel may be dust, bacteria and chemicals, it should be washed before eating. However, how to wash it thoroughly to ensure hygiene and safety but still does not damage the fruit?

Fruit is a very good and abundant source of nutrients, fiber and vitamins that will help our bodies become healthy, resistant to disease prevention.

There are fruits, nutrients and vitamins that are found in the skin, so to be able to absorb this vitamin we need to clean the skin, otherwise it will cause unpredictable harm to the body. So how to wash fruits properly to ensure food hygiene and safety. For different fruits, there are also specific tips for each type.

1. Strawberry



For strawberries, when buying, you should choose the ripe fruits and still fresh. And the fruits are crushed and dirty due to soil mud, they should be removed. Then put strawberries in a basket, soak them in the water bath, wash each fruit directly under the tap and use a soft brush to clean the crevices on the surface of the shell. Finally rinse with boiling water to store and store in a refrigerator for gradual use. Or you can take boiling water to cool it with concentrated salt, soak strawberries within 20-30 minutes, drain it and you can eat it. Very simple, isn't it?

The green nipples of strawberries should only be removed when washed, this is a general rule for all fruits of the strawberry family. If you junk them before washing, the water will seep into the fruit, and they are no longer

delicious.

An interesting way to clean the strawberry of the Spaniards makes white wine to help clean the berries and retain the natural aroma of this fruit.

2. How to wash the apple properly



Apples are a fiber-rich fruit, especially the apple shell is home to the most nutritious of all apples, so experts often recommend using apple shells to get the most benefits. However, the apple shell is a place that accumulates the most harmful chemicals in the care and preservation of apples. If improperly washed to eliminate poison, it can cause poisoning to the body and harm to health.

To help the apple peel remove all toxins, you should clean the apple once to clean the dirt on the apple shell, then mix a pot of dilute salt water or vinegar and wash your hands thoroughly. An antiseptic in salt will remove the remaining parasite on the apple shell. Finally, using the boiled water to cool it again can be assured to eat the apple. In addition, there is another good way: to use a little toothpaste, rub the outer skin of the apple clean, then rinse with water, or hot water. In this way, you can also safely eat the shell without fear of preservatives.

When washing, you should pay attention to the part of the fruit, because this is the place where most of the bacteria are concentrated, finally rinse with clean water, you can rest assured to enjoy with your family.

3. How to clean grapes



Grapes are a fruit with a very thin crust. The surface of grape fruit is often covered with a white chalk, which is more susceptible to soil mud. If you accidentally wash strong hands, small shells are easy to tear, ragged, washed slightly, then not clean. How to do it in the end?

In order to clean the grapes, you need to wash gently and wash directly with the tap, using a hand or a soft cotton cloth to wipe around the fruit to help remove dust and germs. Do not put grapes in pots and vigorously. Doing so will cause the grape to crush and lose its freshness.

4. Fruits of oranges and lemons



Many people believe that this fruit just needs to wash through, because it does not eat to the shell. However, the outer shell contains essential oils, when you peel off this essential oil will shoot on people with toxic substances, will affect our health.

So to wash this fruit is clean, it should be rinsed through boiling water first to avoid preservatives on the surface, then rinse under cold water.

5. Types of melons



Melons are both sweet and fragrant. You should wash under cold water by hand or with a brush.

Note : To reduce the amount of vitamins, it is necessary to wash fruits quickly. After washing, they lose the ability to hold on for a long time because the outer part is damaged. Therefore, the fruit after washing should not be left for long. In order not to lose the tonic, when peeling, use a stainless steel knife.

Chemical methods for detoxifying fruits and vegetables



1. Take a portion of potassium permanganate mixed in a pot of clean water to make the water pink and soak the fruit in that solution for 10-15 minutes, then take it out and rinse with clean water, make the boiled water as cool as possible. can eat.

2. Or give oxycil solution in the ratio of 0.1 - 0.2ml into 1 liter of clean water and soak the fruit in this solution for 2-5 minutes. This type of solution is non-toxic, non-irritating, has no strange smell and is good at sterilizing.
3. However, if you do not have the above solutions, you can wash them and soak them in dilute salt water. If it is a clean fruit (not preserved or incubated with chemicals), it is only necessary to wash it with clean water.

Refer to some more articles

1. Top foods rich in vitamin C than oranges
2. 5 fruits are recommended to eat daily
3. What is the best time to eat fruit at the time of day?

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